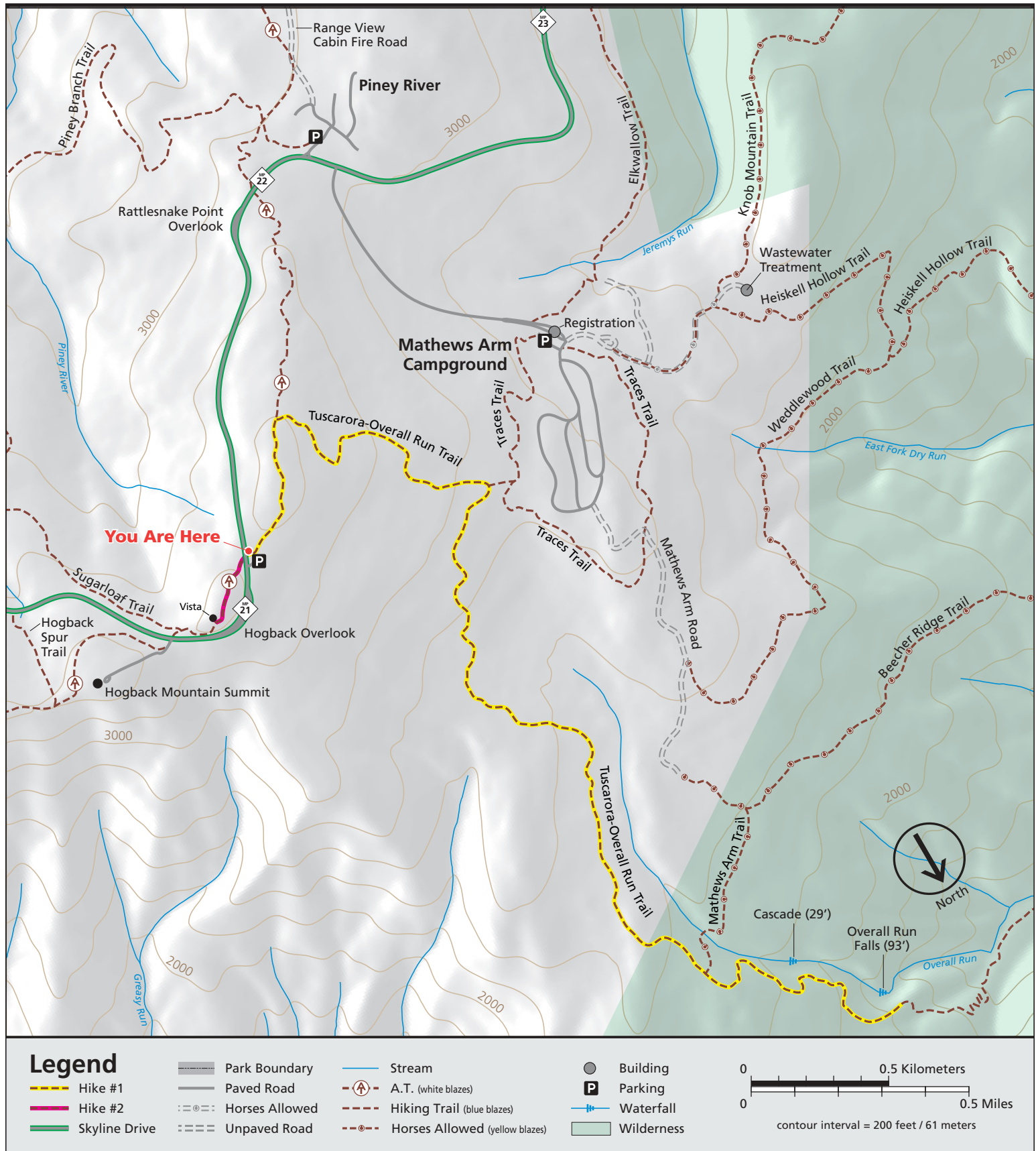




2015





Suggested Hikes



Hike #1: Overall Run Falls

6.1-mile round trip, moderately strenuous, 4 3/4 hours hiking time, 1,694-foot elevation gain. Follow the Appalachian Trail south. Turn right on Tuscarora-Overall Run Trail. Stay right on the Tuscarora- Overall Run Trail. Follow the trail to a rock viewpoint from which Overall Run Falls is visible. Retrace your steps to return to the starting point.



Hike #2: Appalachian Trail North

0.5-mile round trip, easiest, 1/2 hour hiking time, 114-foot elevation gain. Leave the parking lot from the south end and follow the Appalachian Trail (A.T.) north across Skyline Drive. Continue on the A.T. north to the vista. Retrace your steps to return to the starting point.



Look for Trail Markers

You'll find these trail markers at all trailheads and intersections. The metal bands are stamped with directional and mileage information.

Before You Go!

- Pets are not allowed on Fox Hollow Trail. Where allowed, pets must be on a leash at all times.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- Be sure you know your route. Free maps are available at entrance stations, visitor centers, and www.nps.gov/shen
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Please respect family cemeteries.



Leave No Trace Preservation through education: building awareness, appreciation, and respect for our public recreation places.